

# Four Ways to Deal With Stress

## Positive self-talk

- "I can get help if I need it."
- "We can work it out."
- "I won't let this problem get me down."
- "Things could be worse."
- "I'm human, and we all make mistakes."
- "Some day I'll laugh about this."
- "I can deal with this situation when I feel better."

## Emergency stress stoppers

- Count to 10 before you speak.
- Take three to five deep breaths.
- Smell a rose, hug a loved one or smile at your neighbor.
- Go for a walk.
- Don't be afraid to say "I'm sorry" if you make a mistake.
- Set your watch five to 10 minutes ahead to avoid the stress of being late.

## Finding pleasure

- Take up a hobby, new or old.
- Read a favorite book, short story, magazine or newspaper.
- Have coffee or a meal with friends.
- Play golf, tennis, ping-pong or bowl.
- Sew, knit or crochet.
- Listen to music during or after you practice relaxation.
- Take a nature walk — listen to the birds, identify trees and flowers.

## Daily relaxation

- Sit in a comfortable position with your feet on the floor and your hands in your lap or lie down. Close your eyes.
- Picture yourself in a peaceful place. Perhaps you're lying on the beach, walking in the mountains or floating in the clouds. Hold this scene in your mind.
- Inhale and exhale. Focus on breathing slowly and deeply.
- Continue to breathe slowly for 10 minutes or more.
- Try to take at least five to 10 minutes every day for deep